Election Day is Tuesday, November 8, 2016
Have Your Voice Heard!

Voter Information:
The deadline for voter registration is **5pm on Friday, October 14, 2016.** Early voting begins **Thursday, October 20, 2016,** and ends **Saturday, November 5, 2016.** The deadline to request an absentee ballot is **Tuesday, November 1, 2016,** for civilian voters, and **Monday, November 7, 2016,** for oversees and military voters.

For more information on voter registration, early voting, absentee ballots, and to find your polling place, visit the North Carolina State Board of Elections website at [www.ncsbe.gov](http://www.ncsbe.gov).

Questions for the Candidates:
North Carolinians will go to the polls to elect 50 state senators and 120 state representatives, as well as a number of other state-level positions. Voters will also choose 13 US representatives, 1 US senator, and the new president. As you encounter the candidates on the campaign trail and at candidate forums, consider asking their opinion on these important health policy topics:

**CHRONIC DISEASE AND ACCESS TO HEALTHY FOODS:**

Facts
- North Carolina has more than 349 food deserts across 80 counties, impacting 1.5 million North Carolinians.
- More than 65% of North Carolina adults are considered overweight or obese and more than 31% of North Carolina children ages 10-17 are also overweight or obese.
- Those who are food insecure are more likely to suffer from obesity, type 2 diabetes, heart disease, some kinds of cancer, and other chronic conditions.
- In North Carolina the estimated total costs of eight risk factors related to overweight, obesity, and diabetes for adults is $54 billion.

Suggested Questions
- What policies do you support to increase access to healthy foods and reduce chronic disease?
- Other states have taken action to offer healthier food in food desert communities by providing economic incentives to grocery stores to locate in low-income communities. What do you think is a workable solution to increase access to healthy food for vulnerable citizens in your district?

**PHYSICAL EDUCATION IN SCHOOLS:**

Facts
- North Carolina public schools are required to offer a Healthful Living curriculum to students but North Carolina does not require a minimum number of hours of physical education offered per week in elementary and middle schools.
- National organizations recommend a minimum of 150 minutes of physical education a week for elementary school students and 225 minutes a week for middle school students.
- The number of minutes of physical education students receive varies greatly across the state, and is determined by the principal at each school.
- Effective physical education provides the activity students need for improved physical, mental, and emotional health. Physical education programs can improve judgment, reduce stress, and increase self-esteem.

Suggested Questions
- What policies do you support to increase physical education or ensure that adequate physical education is offered in schools in North Carolina?
- What do you think is a workable solution to address the lack of funding for physical education, including teacher positions and facilities?
TOBACCO USE PREVENTION FUNDING:

Facts
- More than 9% of North Carolina high school students still smoke.
- Almost 16% of NC high school students use e-cigarettes, an 888% increase from the 2011 percentages.
- Every year, North Carolina receives approximately $140 million in Tobacco Master Settlement Funds, which are specifically intended to help address the health and financial tolls of tobacco use. North Carolina currently invests NO funds into tobacco use prevention programs.
- NC’s cigarette excise tax ranks 47th in the nation at $.45 per pack, well below the national average of $1.65 per pack.

Suggested Question
- What policies do you recommend to protect children from the harms of tobacco use and exposure?
- What do you think is a workable solution to prevent young people from becoming daily tobacco users?

TOBACCO CESSATION FUNDING:

Facts
- North Carolina residents pay an estimated $874 per household in taxes due to smoking-caused governmental expenditures.
- The state pays $3.81 billion a year in health care costs and $931.4 million a year in Medicaid costs caused by smoking.
- Nearly 70% of smokers want to stop smoking.
- North Carolina currently spends only $1.2 million on tobacco cessation programming.
- An increase of $1.00 in the state’s cigarette excise tax would raise approximately $374.34 million in new state revenue and would prevent more than 41,000 young people from starting to smoke.

Suggested Question
- QuitlineNC offers cessation resources to smokers who are trying to quit but only is able to serve a small portion of the population trying to quit. What recommendations do you have to increase the state’s cessation programs?
- What do you think is a workable solution to decrease the state’s high medical costs caused by smoking?